Anatomy Physiotherapy Clinic

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Relieving Your Low Back, Hip & Knee Arthritis Pain

If you're constantly facing lower back, hip or knee pain—you might be feeling arthritis. According to the Centers for Disease Control, roughly 54.4 million North American adults are diagnosed with some form of arthritis per year. As we age, the cartilage in our joints wears down, causing painful bone on-bone rubbing, inflammation, stiffness, and pain. While there is no cure for replacing cartilage yet, it is possible to alleviate the symptoms of arthritis, by improving your joint movement, muscle strength, balance, and coordination. It's even possible to eliminate symptoms entirely, depending on the amount of arthritis you have. If you have regular aches and pains, keep reading. We have a solution.

What Is Arthritis, Exactly?

Before knowing how to relieve arthritic pain, you'll need to understand it. Arthritis—or the painful stiffness, or inflammation, of joints—isn't a single disease. The term "arthritis" is an informal explanation of joint pain and disease in general. Over 100 types of arthritis exist, according to the Arthritis Foundation. People of all ages, races and sex can get it. It's also the leading cause of ongoing disability in America. The most prevalent form of arthritis is osteoarthritis, which is caused by either injury or normal wear and tear.

What Causes Lower Back, Hip and Knee Arthritis?

Because arthritis is a catch-all term, pinpointing what causes arthritis may be difficult. In most cases, arthritis is caused by overuse, wear and tear, or injuries.

Arthritis can also be caused by:

- Infections, such as Lyme disease
- An immune system dysfunction - rheumatoid arthritis
- The inheritance of osteoarthritis
- An abnormal metabolism, which leads to gout

For arthritis suffers, even simply walking can cause pain in the lower back, hip or knee. Often, arthritis is a downward spiral of progress pain, limiting movement and strength, which in turn causes more inactivity and pain. However, by improving joint movement, muscle strength, balance and coordination, this cycle can be broken, reducing pain and inflammation.

Discover how our team of specialists at Anatomy Physiotherapy can get you moving pain-free again!

Arthritis And Physiotherapy



Regardless of the cause of arthritis, physiotherapy plays a major role in the treatment of arthritis symptoms and should be tried first, before more aggressive procedures such as surgery. While maintaining a healthy weight, exercise and a good diet helps, surgical intervention may eventually be needed. However, physiotherapy has been shown to be an excellent way to prepare and recover after a total knee or hip replacement.

It is very common for the muscles that support the knee, hip, and low back to become weakened from inactivity. Through targeted easy-to-do exercises, we help your muscles regain their strength, providing greater support to the joints, and reducing inflammation.

Furthermore, by improving balance and coordination, especially to the knee and hip joints, the abnormal strain on the joints is relieved, and safety is improved to reduce the risk of further injury.

If you or a loved one suffers from arthritis, you have options. The first step is to contact one of our therapists today, and ask about ongoing physiotherapy treatment to restore mobility, comfort and quality of life. See how we can help your joints feel better and move better! **Go online or call us to schedule an appointment today.**

Anatomy Physiotherapy Clinic



Staff Spotlight

Karen Neil, Office Manager

Karen grew up in Montreal, and later moved to Ottawa to pursue her undergraduate and graduate studies in geography and biology at the University of Ottawa. She is highly motivated and enjoys helping others when possible, which has led her to work in both customer service and teaching positions throughout all of her studies.

Karen joined Anatomy Physiotherapy Clinic when it first opened in May 2019, and has since been proud to be part of such a friendly and dynamic team. When she is not at work, she enjoys participating in her exercise program from home, hiking/playing with her bernedoodle Wonka, as well as crocheting blankets and stuffed animals.



Patient Success Spotlight

"Roxane Walsh has been my massage therapist for the past 8 years. I think she is absolutely wonderful! My treatments are primarily focused on the prevention of tension headaches, but also exercise-related injuries along the way (I'm in my mid-40s). Roxane is extremely experienced, competent, professional, warm, and observant. Her technique is both effective and relaxing. She really knows what she is doing and I just think she is the best!" – ***D.D.***

COVID-19 Precautions

Anatomy Physiotherapy is focused on keeping our equipment and facilities clean for you, **as well as wearing masks and face shields**. To help prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



WASHING YOUR HANDS REGULARLY



AVOID TOUCHING YOUR FACE



SNEEZE & COUGH INTO TISSUES



AVOID HUGS OR SHAKING OF HANDS



DO NOT TOUCH MUCOUS



KEEP YOUR DISTANCE FROM THOSE INFECTED

Exercise Essentials

LEVATOR SCAPULAE STRETCH

Grasp your arm on the affected side and tilt your head downward into the armpit. Use your opposite hand to guide your head further into the stretch. Hold for 10 seconds and repeat 5 times.



Sudoku Puzzle

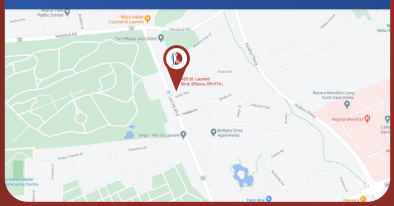
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NEW LOCATION!

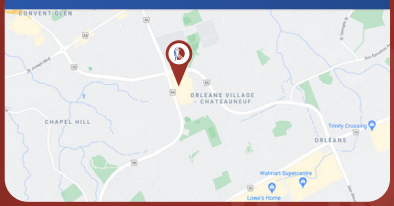
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Call us to schedule an appointment today!

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